

Wellness Support

Hope for Wellness

1-855-242-3310

www.hopeforwellness.ca

Residential School Survivors

1-866-925-4419

Awo Taan Healing Lodge Society

24-hour Crisis Line

403-531-1972 or 403-531-197

Elbow River Healing Lodge

Traditional Wellness and Healing (Spiritual, Cultural, and Ceremonial supports)

403-955-660

<http://www.ahs.ca/ihp>

Canadian Mental Health Association (CMHA)

403-297-1700

Distress Centre

403-266-4357

CCASA – Calgary Communities Against Sexual Assault

403-237-6905

UCalgary Students (Writing Symbols Lodge Wellness and Cultural Support)

403-210-9355

<https://www.ucalgary.ca/student-services/writing-symbols/current-students/wellness-and-cultural-support>

UCalgary Staff

Staff Wellness: 403-220-2918 (work hours)

Homewood Health: 1-800-398-9505 (English) / 1-866-398-9505 (French) / 1-888-384-1152 (Text)

Addiction Helpline

Available 24/7 1-866-332-2322

Urgent Care for Mental Health

Sheldon Chumir: 1213-4th street SW

South Calgary Health Centre: 31 Sunpark Plaza SE or call 403-943-9300

Kids Help Phone

Text CONNECT to 686868 or call 1-800-668-6868

Wood's Homes (Children's Mental Health)

1-800-563-6101 (voice)

587-315-5000 (text)

Missing and Murdered Indigenous Women and Girls Support Line

1-844-413-6649

Suicide Prevention Services

1 -833-456-4566 (text)

1-888-353 2273 (voice)

1-866-872-0113 (hard of hearing)

Education & Teaching Resources

Truth and Reconciliation Commission

<http://www.trc.ca/resources.html>

Reconciliation Canada

Provides programs and initiatives to inspire positive change in communities. The resource page provides links to the TRC webpage, Calls to Action, findings from the commission and other resources.

<https://reconciliationcanada.ca/resources/useful-links/>

Legacy of Hope Foundation

An overview of the history of residential schools. Includes oral histories and survivor stories.

<http://legacyofhope.ca/wherearethekids/>

Residential Schools Podcast Series

Made by Historica Canada

<https://www.thecanadianencyclopedia.ca/en/article/residential-schools-podcast-series#:~:text=Residential%20Schools%20is%20a%20three,%2C%20their%20families%2C%20and%20communities.>

National Center for Truth and Reconciliation, University of Manitoba

Resources for students from elementary to high school about the Residential School experiences and some history. The information is sectioned into level of grade.

<https://education.nctr.ca/education-day-resources/>

First Nations Child and Family Caring Society

Provides research, policy, professional development and networking to support First Nations child and family service agencies in caring for First Nations children, youth and families.

<https://fncaringsociety.com/shannens-dream-school-resources>

Teacher Resource Guide

Developed by the First Nations Education Steering Committee in British Columbia. FNESC is a policy and advocacy organization that represents and works on behalf of First Nations in British Columbia.

<http://www.fnesc.ca/wp/wp-content/uploads/2015/07/PUB-LFP-IRSR-10-2015-07-WEB.pdf>